



Fresh Produce

**3<sup>99</sup>** Each

**Fresh Apples**  
Select Varieties.  
3 lb/1.36 kg bag.  
Product of Canada/U.S.A.

Fresh Meat

**4<sup>99</sup>** lb  
11.00/kg

**Fresh Lean Ground Beef**  
Less than 17% Fat Content. Store may restrict to larger packs.



**4<sup>99</sup>** lb  
11.00/kg

**Fresh Split Chicken Breasts**  
Back Attached.



**1<sup>99</sup>**

**Compliments Fruit Drink**  
Select Varieties. 2 Litre.



**5<sup>99</sup>**

**Rustica Pizza**  
Select Varieties. 538 - 866 g. Frozen.



**3<sup>99</sup>** Each

**Romaine Hearts**  
Product of U.S.A./Mexico.  
Package of 3.



**9<sup>99</sup>**

**Kraft Dinner**  
Original. 12 x 200 g.



**2<sup>99</sup>**

**Classico Pasta Sauce**  
Select Varieties. 410 - 650 mL.  
Pesto 218 mL.



**3<sup>49</sup>**

**Compliments Whole Grain Bread**  
Or Raisin Bread.  
Select Varieties. 600 - 650 g.



**7<sup>99</sup>**

**Royale Bathroom Tissue**  
8 Roll. Select Varieties.  
165 - 242 Sheets.  
Paper Towel 2 Roll. 147 Sheets.

**Meal Inspiration & Savings From our Family to Yours**

Open Sundays in select locations only. [familyfoods.ca](http://familyfoods.ca)

Sale Prices in Effect

JAN 2025	thu 2	fri 3	sat 4	sun 5	mon 6	tues 7	wed 8
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**British Columbia** Port Alice Family Foods, Port Alice **Alberta** Beachside Market, Alberta Beach • Evansburg Family Foods, Evansburg • Food Market Coaldale, Coaldale • Gregoire Family Foods, Fort McMurray • KC Foods, Cremona  
**Saskatchewan** Luseland Family Foods, Luseland **Manitoba** Ashern Foods, Ashern **Ontario** Family Foods Centennial, Thunder Bay • Renco Foods, Thunder Bay  
**North West Territories** Kaeser's Stores, Fort Smith

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# Grocery



**2/\$6** Compliments Pancake Mix  
Or Syrup 750 mL.  
Select Varieties.  
Pancake Mix 905 g.



**6<sup>49</sup>** Quaker Instant Oatmeal  
Select Varieties. 504 - 774 g.



**1<sup>99</sup>** Hunt's Snack Packs  
Pudding or Juicy Gels.  
Select Varieties. 368 - 396 g.



**2/\$6** Clover Leaf Albacore Tuna  
Select Varieties. 170 g.



**2/\$7** Holiday Luncheon Meat  
340 g.



**2<sup>49</sup>** Compliments Pasta Sauce  
Select Varieties. 680 mL.



**3/\$10** Ben's Original Bistro Express  
Select Varieties.  
240 - 250 g.



**1<sup>99</sup>** Chef Boyardee Pasta  
Select Varieties. 418 - 425 g.



**2<sup>29</sup>** Aylmer Tomatoes  
Select Varieties. 398 - 796 mL.



**3<sup>99</sup>** VH Sauces  
Select Varieties.  
341 - 355 mL.



**2/\$7** Dare Wagon Wheels or Bear Paws  
Or Viva Puffs 300 g. Select Varieties.  
Wagon Wheels 315 - 360 g. Bear Paws  
168 - 240 g. Simple Pleasures 310 g.



**1<sup>99</sup>** Compliments Rice Crackers  
Select Varieties. 100 g.



**2/\$8<sup>50</sup>** Ruffles Potato Chips  
Select Varieties.  
180 - 200 g.



**2/\$7** Old Dutch Potato Chips  
Select Varieties.  
235 g. Ridgies 200 g.



**3<sup>79</sup>** Nestle Pure Life Spring Water  
Select Varieties.  
12 x 500 mL. ♻️

# Bakery



**6<sup>49</sup>** Compliments Loaf Cakes  
Select Varieties. 344 - 400 g.



**5<sup>99</sup>** Portofino Buns  
Select Varieties. 6's. 395 - 540 g.



**3<sup>99</sup>** Byblos Bagels  
Select Varieties. 400 g.



**2/\$5** Monster, Full Throttle, NOS or Reign Energy Drinks  
Select Varieties. 473 mL. ♻️



**6<sup>99</sup>** Gatorade  
Select Varieties. 6 x 591 mL. ♻️

# Deli



**4<sup>99</sup>** Compliments Luncheon Meat  
Each  
Select Varieties. 175 g.



**5<sup>99</sup>** Castello Sliced Cheese  
Select Varieties. 125 - 200 g.



**2<sup>49</sup>** Compliments Roast Turkey Breast  
100 g  
Or Smoked. Sliced or Shaved.



**16<sup>99</sup>** Nabob Coffee  
Select Varieties.  
915 - 930 g.



**7<sup>79</sup>** Pepsi 12 Pack Soft Drinks  
Select Varieties.  
12 x 355 mL. ♻️

## Snacks



**1.99** Compliments Candy  
Select Varieties. 125 - 175 g.



**2/\$4.50** Cadbury King  
Chocolate Bars  
Select Varieties.  
66 - 90 g.



**2.79** Mike & Ike  
Box Candy  
Select Varieties. 120 g.



**3.99** Russell Stover  
No Sugar Added  
Chocolates  
Select Varieties. 85 g.



**2/\$10** Wrigley's Gum  
Excel or Juicy Fruit.  
Select Varieties. 40's - 60's.  
Excel or Juicy Fruit Gum  
3 Pack.

## Chilled & Frozen



**4.99** Tropicana Juice Blends  
or Pure Life Iced Tea  
Or Apple Juice. Select Varieties.  
1.75 Litre. Excluding Orange Juice. 🌱



**6.49** Compliments Butter  
Salted. 454 g.



**3.99** Compliments  
Cottage Cheese  
Select Varieties. 500 g.



**6.49** Danone Activia Yogourt  
Select Varieties. 8 x 100 g.



**4.99** Black Diamond  
Cheese Strings  
Select Varieties. 168 g.



**4.99** Silk Beverages  
Or Creamer 890 mL.  
Select Varieties.  
1.75 - 1.89 Litre. 🌱



**2.99** Compliments  
Margarine  
68% Vegetable Oil. 427 g.



**4.49** McCain Superfries  
Straight Cut. 1.5 kg. Frozen.



**20.99** Pillsbury  
Pizza Pops  
Select Varieties.  
2.85 kg. Frozen.



**3.99** Dr. Oetker Giuseppe  
Panini  
Select Varieties. 250 g.  
Momenti Pizza or Garlic Fingers  
170 - 317 g. Frozen.



**7.99** Best Buy Vegetables  
Select Varieties. 2 kg. Frozen.



**13.99** Cardinal Roadhouse  
Angus Burgers  
1.02 kg. Frozen.



**12.29** Compliments  
Breaded Chicken  
Select Varieties.  
1.47 - 1.5 kg. Frozen.



**9.99** Compliments  
Meat Pies  
Select Varieties. 750 g.  
Frozen.



**8.99** High Liner  
Family Favorites Fish  
Select Varieties. 500 - 700 g.  
Frozen.

## Household & Pet



**7.99** Compliments Satiny  
Soft Bathroom Tissue  
12 Double Roll. 242 Sheets.



**1.99** Compliments  
Facial Tissue  
3 Ply 88's. 2 Ply 126's.  
Each.



**6.99** Arm & Hammer  
Laundry Detergent  
Select Varieties.  
Liquid 1.42 - 1.63 Litre.



**2/\$7** Purina Beggin' Strips  
170 g.



**3/\$4** Purina Fancy Feast  
Cat Food  
Select Varieties. 85 g.

This symbol 🌱 denotes Plus deposit and/or environmental levies where applicable.

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Fresh Produce

2/\$4

**Compliments  
Garden or  
Coleslaw Salad**  
Product of U.S.A. 340 - 397 g.



Fresh Meat

3<sup>49</sup> lb  
7.69/kg

**Fresh Pork Rib  
Roast or Chops**  
Bone In.



2/\$9

**Johnsonville  
Sausages**  
Select Varieties. 500 g.



3/\$9

**Schneiders Lunchmate  
Stackers and Kits**  
Select Varieties. 90 - 120 g.



4<sup>49</sup>

**Compliments  
Frozen Fruit**  
Select Varieties.  
300 - 600 g.



5<sup>49</sup>

**Compliments Cheese**  
Select Varieties. Blocks 400 g.  
Shredded 226 - 320 g.



4<sup>99</sup>

**General Mills Cereal**  
Select Varieties. 297 - 437 g.



4<sup>29</sup>

**Vachon Snack Cakes**  
Select Varieties. 281 - 336 g.

Produce



2/\$5

**Hass Avocados**  
Product of Mexico.



5<sup>49</sup>  
Each

**Cantaloupe Melons**  
Product of Guatemala.



2<sup>99</sup>  
Each

**Celery Stalks**  
Product of U.S.A.



2/\$5

**Carrots or Yellow  
Onions**  
Product of Canada.  
3 lb/1.36 kg.



5<sup>99</sup>  
Each

**Compliments  
Russet Potatoes**  
Product of Canada.  
10 lb/4.54 kg.

Meat\*



7<sup>99</sup> lb  
17.61/kg

**Beef Inside Round  
Roast**  
Boneless. Cut From Canada  
AA or Higher.



3<sup>49</sup> lb  
7.69/kg

**Fresh Chicken  
Drumsticks**



4<sup>99</sup>  
Each

**Johnsonville  
Smoked Sausages**  
Select Varieties. 375 g.



2<sup>79</sup>  
Each

**Schneiders Grab 'N  
Snack Kit**  
Select Varieties. 45 - 48 g.



5<sup>99</sup>  
Each

**Maple Leaf Bacon**  
Select Varieties. 375 g.  
Ready Crisp 65 - 85 g.

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